ACHS students exploring careers in engineering at a program presented February 16th were, standing, left to right, Dave Williams, and Mike Powell; and seated, left to right, Freddy Mitchell, Chris Johnson and Dave Kembel. Also attending but not shown in photo was Andrew Kelso.

ACHS Students Explore Careers In Engineering

The Central Virginia Chapter of the American Institute of Industrial Engineers sponsored an "in the shop" opportunity for high school students to explore careers in engineering. The program was conducted on Thurs., Feb. 16, 1978. The goal of the program was to provide an opportunity for Junior and Senior students who are interested in engineering careers to meet with practicing engineers and spend a half-day with an engineer in his place of business. That same evening, the high school students and the industrial hosts attended a meeting in which graduate engineering students from VPI & SU presented their engineering theses.

Appomattox County High School was represented by six juniors who plan careers in an engineering field. Attending the program and their industrial host were: Chris Johnson (Lynchburg Foundry), Andrew Kelso (Babcock & Wilcox), David Kembel (Lynchburg Foundry), Freddy Mitchell (Piedmont Mfg.), Mike Powell (General Electric), Dave Williams (Aerofin)

Eating Well

Your Habits May Contribute To Cancer

Since 1900 the number of deaths from cancer has increased and at present it is the second largest cause of death in the United States. We must keep in mind that during the past 77 years the population has been increasing in age. Some of the increase in cancer can be accounted for because there is an increase of cancer with age, and at present there are more older people in the population than ever before. When researchers adjust the data for age and sex they find that the death rates for cancers of the breast, colon and rectum have not changed. However, the incidence of lung cancer in men and women has risen significantly in the past few years. The American Cancer Society attributes this to an increase in the amount of smoking. Estimates are that women have increased smoking from zero cigarettes per year in 1920 to 2,000 per year in 1977. The increase for men has gone from 750 cigarettes per year in 1900 to 4,800 in 1977. The present data shows that men get lung cancer at an earlier age than women; however, it is believed that some cancers may not become active for ten to thirty years, so that the earlier increase in lung cancer in men may be related to their smoking at an earlier age.

Some experts believe that cancers of the colon, rectum and breast are in part related to diet, particularly the intake of calories and fats. It is also believed that the excessive use of alcohol may increase the rate of oral and lung cancer from smoking. The use of alcohol may also cause cancer of the liver. Therefore, some researchers believe that personal habits, such as smoking, over-eating and excessive indulgence in alcohol may be contributing factors to the incidence of cancers of the lungs, colon, rectum and breast.

What about the hazards associated with the many chemicals used in agriculture? Do pesticides contribute to the increase in cancer? The data collected at present shows that there is probably no connection. A survey conducted from 1950-69 showed that deaths from cancer were lower in the non-urban, agricultural areas of our county than in the rest of the United States. In non-urban, agricultural areas the populations have the highest and most direct exposure to agriculture pesticides and fertilizers.

We know that the risk of getting cancer is great, we also know that there may be some changes that we can make in our lives that will help us decrease the chance of getting cancer. By changing some of our personal habits we can be healthier. Suggestions are: 1) that we stop smoking, or at least cut down on the amount we now smoke, 2) that we cut out or cut down on our intake of alcoholic beverages, 3) that we not over-eat.

PITCH IN! Birth Defects are forever. Unless you HELP
MARCH OF DIMES
THIS SPACE CONTRIBUTED BY THE PUBLISHER

Pre-School Immunization Increased

Over 90 percent of the children who entered school in Virginia at the start of the 1977-78 school year were immunized against the preventable communicable diseases of polio, measles, rubella (German measles), diphtheria, pertussis (whooping cough) and tetanus. This represents a 10 percent increase in immunization levels of school enterers in the past two years.

Immunization levels of 71,845 public and private school children were reported and tabulated in the 1977-78 School Enterers Survey which was conducted jointly by the State Department of Education and the State Department of Health.

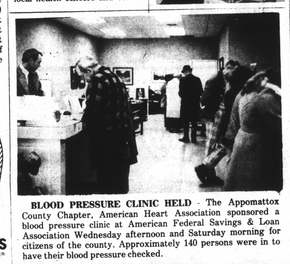
Percentages of fully immunized school enterers in Virginia increased from 1976 to 1977 as follows: diphtheria, pertussis and tetanus from 85.3 percent to 89.8 percent, a 4.5 percent increase; polio from 84.2 percent to 89.4 percent, a 5.2 percent increase; measles from 84.2 percent to 90.8 percent, a 6.6 percent increase; rubella from 83.9 percent to 90.6 percent, a 6.7+ percent increase.

Survey results with recommendations made by the State Department of Education have been sent to school division superintendents and regional and local health officers. The recommendations include: that local health officers and school superintendents enforce the State immunization laws; that schools increase surveillance and reporting of communicable diseases; that school divisions and health departments examine immunization records and provide immunizations at Spout school registrations.

Parents of children who will enter school for the first time next fall are required to show documentation of immunization by a physician or local health department before the child can be admitted to school. Parental recall of immunizations cannot be accepted by school officials as proof of immunizations.

Parents should check immunization records of children of all ages. If immunizations are needed, parents should contact their physician or local health department.

Some of us need more than T.L.C.



BLOOD PRESSURE CLINIC HELD - The Appomattox County Chapter, American Heart Association sponsored a blood pressure clinic at American Federal Savings & Loan Association Wednesday afternoon and Saturday morning for citizens of the county. Approximately 140 persons were in to have their blood pressure checked.

Birth defects are forever. Unless you help. March of Dimes
THIS SPACE CONTRIBUTED BY THE PUBLISHER

EARLY BIRD AMERICAN PAINT SALE
• ECONOMY
• STANDARD
• BEST INTERIOR & EXTERIOR
All Type Stains
SAVE!
Economy $1.00 Off Each Gallon
Standard $2.00 Off Each Gallon
Best $3.00 Off Each Gallon
HURRY IN — PAINT UP NOW AND SAVE
POE HDWE. CO., INC.
Phone 352-5575 Appomattox, Va.

FRIAR TUCK'S HAS MOVED — TO TRIANGLE PLAZA
Lower Level — Formerly Carole's Fashions
Open House CELEBRATION
Thurs.-Fri.-Sat., March 2, 3, & 4
THE FRIAR INVITES YOU TO VISIT HIS NEW STORE AND REGISTER FOR FREE PRIZES.
Fashions For Guys & Gals
Friar Tuck
BANKAMERICARD VISA
LAY — AWAY
master charge THE INTERBANK CARD

Oral Cancer Detection Clinic Held Here

One hundred seven persons were checked Sunday afternoon when the Lynchburg Dental Society and the Appomattox County Unit of the American Cancer Society and the Appomattox County Health Department, in cooperation with the Division of Dental Health of the Virginia Department of Health held an oral cancer detection clinic in Appomattox at the offices of Dr. S. R. Lawson and Dr. John Fedison.

Other than local dentists, here to assist with the clinic were: front row, left to right, Hazel Owen, Laverne Allen, Dr. R. R. Zechine, Julie Chambers, Dr. Ben Knight, and Dr. Bill Martin; and on the back row, left to right, Dot Davidson, Dr. John Fedison, Carol McFaden, Dr. Clyde O'Brien, and Dr. Mike Parker. Not shown was Mrs. Mary Frances Moore.

Assisting as hostesses and guides were Mrs. Janet Noble and Miss Jill Noble, Mrs. Marion Harwood, Mrs. June Chenault, Mrs. Mary Alma Hudson and Mrs. Ellen O'Brien, board members of the Appomattox County Unit, ACS; and Mrs. Evelyn Thompson and Ms. Patsy Butler of the Appomattox Junior Woman's Club.

Of the 107 citizens being checked at the clinic, five were referred to one of the oral surgeons present for a biopsy.

Capitol Comments

WASHINGTON - Feb. 22 - If our mail is any measure, many people just now are calculating the taxes they owe for 1977. And most of them are unhappy with the results, as they find that the amount demanded by the Federal government represents a larger chunk of income.

There is also currently much discussion of "tax reform", and some of the things being said are very disturbing, expecially the utterances of some members of the House and the Senate. It is disturbing because it represents an entirely different concept of how the money you work for is viewed by some of those who vote on taxing and spending.

Once it was believed - and I still believe it - that earnings belonged to the earner, subject to taxation only in an amount absolutely necessary for providing essential government services. No more. With the coming of the Congressional Budget Act, all income for all taxpayers is viewed as taxable at maximum rates, and any money not so taxed is a "gift" from the government to the taxpayer. This is one of the reasons I have sponsored a number of bills to provide for income tax relief by way of deductions and credits for various reasons - "loopholes", if you will.

In the past, we have commented on some of these bills. Others have not been mentioned, although many of you have advised of your interest in them. One of these measures would allow a deduction for state and local utility taxes. This tax was deductible prior to 1964, and it makes no sense that it no logner is. Most other state and local taxes are deductible, and with utility costs rising, this tax becomes more and more burdensome.

Two other bills concern retirement. One would permit homemakers who are not employed outside the home to establish an Individual Retirement Account based on the spouse's earnings. This will not only permit the setting aside of up to $1,500 each year to provide income for retirement. It also is a recognition that a homemaker's work has economic value. The second retirement - related bill will permit those whose contributions to employer - sponsored pension plans are low to set aside the difference between plan contributions and the IRA limits. These two bills represent an effort to rectify a worsening problem for many American families. Increased taxes make saving for retirement difficult - and in some cases, impossible. More people are forced by this circumstance to rely more heavily on Social Security to meet their retirement needs. In their productive years, the ability to provide for themselves is taxed away; in their retirement years, it is sometimes impossible to live on what they receive. It is a vicious cycle.

Still another bill I have sponsored attempts to deal with the problem commonly referred to as the "marriage tax". It is a fact of our times that a growing number of households in this country are two-earner households. It is also a fact that many women work because they feel an economic need to do so. Yet when the time comes to compute the Federal taxes owed, they find they are penalized twice - first in the standard deduction, again in the tax rate. My bill will allow married two-income couples the option of using the singles tax rate schedule for each spouse's income. It does not make sense to base our tax rates on a person's marital status, especially when it penalizes hard - working families.

It must be said that these bills do not by any means address all the inequities in our tax laws. They do seek to correct some which are of widespread concern. The best thing which could be done would be to reduce tax rates across the board, a proposal I have also sponsored.

Some people say that taxes should not be reduced; they believe instead that if money is available for a tax cut it should be applied to the national debt. An examition of each year's budget reveals, however, that despite the fact that tax revenues rise each year, expenditures rise by an even greater amount.

Until such time as Washington comes to its senses, I will favor the creation of "loopholes" until the tax code is as full of holes as your grandmother's shawl.

VA Questions & Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - I am a widow receiving a widow's pension. Will the VA reimburse me for my medical expenses?

A - VA does not reimburse medical expenses incurred by widows receiving pension benefits. But an adjustment can be made to the pension payments. If reported medical expenses exceed five per cent of your gross reported income, the VA will adjust your account annually. Contact the nearest VA office for further information.

Q - I am a veteran eligible for educational assistance. I plan to attend a school in France which is eligible for educational assistance. May I also obtain a VA education loan?

A - No. Education loans are limited to eligible vetrans pursuing a program of education in the United States, its territories and possessions, the Commonwealth of Puerto Rico and the Canal Zone.

Q - I am a veteran of World War II. I have a recently established service-connected disability. Am I eligible for serviced disabled insurance?

A - No. Eligibility for service disabled insurance requires separation from service after April 24, 1951.

Q - I converted my insurance to the VA Modified Life plan. Three years later I became totally disabled and my insurance premiums were waived. At age 65 my insurance will be reduced to $5,000. I have the option to purchase an equal amount of VA Ordinary Life insurance. Will the premiums on this also be waived?

A - Yes. In the case of an insured whose premium payments are waived because of total disability, the additional amount of Ordinary Life insurance may be issued, for which premiums may also be waived because of total disability.

Q - How much will the VA pay for a tutor for veterans receiving educational benefits?

A - Eligible students may receive a maximum of $69 per month for tutorial assistance. The total assistance to which a claimant will be eligible is $828.

Q - What is a VA pension and who is eligible?

A - Pensions are monthly, monetary payments to wartime veterans with limited income, who have been honorably discharged after 90 or more days service (or less if separated due to service-connected disability) who are permanently and totally disabled as a result of non-service-connected causes. Nonservice - connected death may entitle the widow or widower and veteran's minor children to pension payments.

OFFICE SUPPLIES - You will like our quality and prices on OFFICE SUPPLIES - The Times-Virginian - Phone 352-8215.

Write Right With the Pen Of Your Choice
The Times-Virginian
Front Entrance
Court St. - Appomattox, Va.

DIAL GOOD NEWS
352-7900

SUPER FLEA
BUYERS & SELLERS FREE THIS SAT. MARCH 4
GRAND OPENING
INDOOR [heated] and FREE GIFTS
MAGIC SHOWS
ADVERTISING
OUTDOOR SPACES
DRAWINGS
REFRESHMENTS
EASY ACCESS
[20,385 cars per day pass this spot] 1976
4007 WARDS RD. (RT. 29)
[one-half mile south of Community College in old Va. Supper Club Bldg. next to Ward Mobile Homes].
237-4157 528-3693
[$1.00 in FREE merchandise for every $3.00 dry cleaning in this PRIDE location].
THIS FEA MARKET WILL BE 8:00 A.M. to 6:00 P.M.
OPEN DAILY

AUTHORIZED DEALER CHRYSLER CORPORATION
CAR OF THE YEAR!
ADAMS MOTOR CO. INTRODUCES A NEW HORIZON FOR LYNCHBURG AND SURROUNDING AREA.
38 EPA HWY / 25 EPA CITY
EPA estimates for Horizon with manual transmission. Your mileage may differ depending on the way you drive, the condition of your car and its optional equipment.
From $3706
Dealer price excluding taxes and destination charges.
NEW PLYMOUTH HORIZON
Here's a new answer for a changing America. Introducing the new Plymouth Horizon. An amazing new kind of car that will take you where you want to go with new confidence and comfort. Horizon. A new breakthrough in American automobiles.
SNOW. RAIN. WIND. LONG TRIPS. CURVES. BUMPS. NUTS. SPACE. LUXURY. COMFORT. ECONOMY. RELAX. HORIZON CAN HANDLE IT.
ADAMS MOTOR CO.
813 Fifth Street
Dial 845-3456 Lynchburg, Va.
Plymouth

SUPER DOLLAR
DOLLAR DAYS
$ $ YOUR CHOICE $
Dial Soap 2 BARS FOR $1
2 FOR $1
Purex Bleach one Gallon Size
Our Everyday Low Price 79¢ each
Air Freshener 5 oz. size SUPER PRICE 3 FOR $1
• Natural • Lemon • Rose • Honeysuckle • Your Choice
Health & Beauty Aids Assortment
• The Bold Ones Nail Polish Remover 7 oz. size
• Faberge Shampoo and Hair Conditioner 8 oz.
• Barbasol Shave Cream 11 oz.
• Vaseline Baby Oil Powder & Lotion 4 oz.
• Manpower Dedorant 4 oz.
• Many other Items Available
12 oz. Like Magic Window Cleaner with Pump SUPER PRICE 2 FOR $1
Our Everyday Low Price 59¢ Each
PARSON'S AMMONIA 28 oz. Size SUPER PRICE 3 FOR $1
Our Everyday Low Price 47¢ each
Girls Nylon Knee-Hi Socks
• Asst. Solids & Fancies
• Sizes 6-8½ Sizes 9-11
• Slighty Irreg.
SUPER PRICE 2 PRS FOR $1
Ladies Panties
• Brand-name slight irregulars and some first quality
• Sizes 5-10 some extra sizes
SUPER PRICE 2 PRS FOR $1
GULFLUBE Motor Oil
• 30 wt. Reg.
• Seasonal Grade
Limit 6 Please
SUPER PRICE 3 QTS FOR $1
Our Everyday Low Price 43¢ each
AUTOMATIC Transmission Fluid SUPER PRICE 3 QTS FOR $1
Our Everyday Low Price 47¢ ea.
Kool-Aid Mix & Serve 84oz. Pitcher
• Twist-top lid
• Tab cap spout
SUPER PRICE $1
Includes one 2 qt. Envelope of Kool-Aid Plus 25¢ OFF Coupon
Reg. Value $1.74
MENS Denim Jeans
• 100% Cotton Blue Denim
• 5 Pocket Western Style
• Flare Legs
• Sizes 28-38
SUPER PRICE $5
Our Everyday Low Price $5.97
Bath Towels
• Solids
• Jacquards
• Prints
SUPER PRICE 4 FOR $5
Values to $2.99 Ea. if Perfect
Plastic Houseware Assortment
• Laundry Basket
• Heavy-duty Utility Pail
• Retangular waste basket
• Retangular Dish Pan
YOUR CHOICE $1
Compare at $1.49 ea.
PRICES GOOD THRU THIS WEEKEND WHILE QUANTITIES LAST!
VISA
Hours: Monday-Saturday 9 a.m. - 9 p.m. Sunday 1 p.m. - 6 p.m.
SUPER DISCOUNT STORES DOLLAR
Satisfaction Guaranteed
Triangle Plaza Appomattox, Va.